

DEPARTMENT OF THE ARMY
Dental Detachment, U. S. Army Dental Activity
Fort Huachuca, Arizona 85613-7040

DSBJ-CO

1 October 1998

MEMORANDUM FOR All U.S. Army Dental Activity Military Personnel

SUBJECT: Policy Letter 99-11, Army Physical Fitness Testing

1. REFERENCES: FM 21-20, Army Physical Fitness Training
2. SCOPE: This policy applies to all military personnel assigned or attached to the Fort Huachuca Dental Activity.
3. POLICY:
 - a. The record Army Physical Fitness Test (APFT) will be administered twice yearly - April and October.
 - b. A diagnostic physical fitness test will be administered approximately 45 days prior to the record APFT - February and August. The purpose of this test is to determine the status of the unit with regard to physical fitness.
 - c. Soldiers who do not pass the diagnostic APFT will be counseled and placed in MEDDAC/DENTAC remedial PT Program. Soldiers will remain in this program until the record APFT is administered.
 - d. For soldiers who fail the record APFT, the Detachment Commander will:
 - (1) Counsel the soldier (DA Form 4856).
 - (2) Enroll the soldier in the MEDDAC/DENTAC remedial PT Program.
 - (3) Initiate a Flag action.
 - (4) Initiate a Bar to Reenlistment (for enlisted).
 - (5) Retest the soldier after a period of 30 days.

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If the soldier passes the second record APFT, all administrative actions will be revoked, and the soldier will no longer be required to attend the MEDDAC/DENTAC remedial PT Program. If the soldier does not pass the second record APFT, the Detachment Commander will determine if the soldier will be permitted to retest or be separated from active duty service IAW AR 635-200.

e. The 1SG is overly responsible for the APFT. The PT NCO is responsible for administering and planning the APFT. A memorandum for instruction will be published by the Detachment Commander outlining specifics for the unit APFT two-weeks prior to testing.

f. Specific times for the unit APFT will be outlined in the APFT LOI. Generally, soldiers will be required to be at the test site at 0530. Duty call following the APFT is 0900 hours, unless otherwise directed. The uniform for the APFT will be outlined in the APFT LOI.

g. Soldiers will stretch on their own prior to beginning each of the events. There will not be a formation or regimented stretching prior to the APFT.

h. Soldiers who have recently arrived to the unit will be allotted a 30-day acclimatization period before taking a record APFT.

i. Soldiers who score 290 or above on the APFT and meet height and weight standards will be awarded a DENTAC Certificate of Achievement, a 3-day pass, the Physical Fitness Patch, and removed from duty rosters for a period of 30 days. The Physical Fitness Patch will only be awarded for the first 290 (or above) score.

j. Soldiers with medical profiles will conduct diagnostic and record APFT events within the limits of their profiles. Soldiers will not engage in PT activities outside of their profiles.

4. For questions or concerns regarding this memorandum, please contact the 1SG at 533-3145 / 3144.

//Original Signed By//

WILLIAM F. BOHL
1LT, MS
Commanding